

COMMUNITY SERVICES



Be Connected
Every Australian online.

BE Connected - Technology for Seniors

One on One assistance with computers, phones & tablets

Contact us to book a time with our tutor

Donations are appreciated

Cost effective rooms / venue hire with flexible spaces, equipment, AV and Wifi

Children's Birthday Parties

Contact us with your enquiry today



Maternal & Child Health
Mornington Peninsula Shire
Please contact central bookings
on 5950 1099 to make an appointment

Immunisations Mornington Peninsula Shire
Free Immunisation Sessions
Scheduled Fridays. Please call 5950 1099
for bookings and further information

OUR CENTRE IS A WELCOMING SPACE SITUATED IN THE HEART OF THE MORNINGTON AND MT MARTHA DISTRICT.

COME AND SAY HELLO AND SEE HOW YOU CAN CONNECT, LEARN, PARTICIPATE AND BE A PART OF OUR COMMUNITY.



03 5977 2468

0427 140 049

www.bentonssquare.org.au

communitycentre@bentonssquare.org.au



FIND US

145 BENTONS ROAD MORNINGTON
(BESIDE BENTONS SQUARE SHOPPING CENTRE)



BENTONS SQUARE COMMUNITY CENTRE

Term 1 2025

Tuesday 28th January

to

Friday 4th April

145 Bentons Road, Mornington, Vic 3931

03 5977 2468 www.bentonssquare.org.au



CHILDREN'S ACTIVITIES



READING ROCKETS

A fast paced school readiness class designed for 4-5 year olds. The focus is on reading, writing and numeracy. Sessions include activities, crafts, games and songs.

When: Every Tuesday & Thursday

Time: 10.30am - 11.30am

Contact: Maureen on 0423 806 525 or
maureen@readingrockets.com.au



LITTLE FISH PLAYGROUP

A community parent/guardian run playgroup for 3 year olds and under. A healthy Morning tea is provided.

When: Mondays

Time: 9.30am - 11.30am

Cost: \$5.00 per family

Contact: Community Centre on 5977 2468

HEALTH & WELLBEING



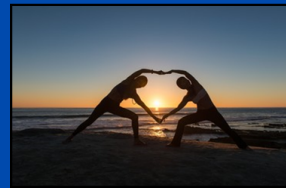
CHAIR YOGA WITH JANE

When: Wednesdays

Time: 9.00am - 9.45am

Cost: \$12.00

Contact: Community Centre on 5977 2468 or
Jane on 0438 842 558



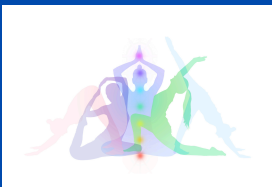
OPEN AGE YOGA & STRETCHING

When: Wednesdays

Time: 10.45am - 11.45am

Cost: \$15.00

Contact: Community Centre on 5977 2468 or
Debbie on 0427 744 425



DEBBIE'S STRETCHING

When: Mondays

Time: 9.30am - 10.30am & 10.45am - 11.45am

When: Wednesdays

Time: 9.30am - 10.30am

Cost: \$15.00

Contact: Community Centre on 5977 2468 or
Debbie on 0427 744 425

HEALTH & WELLBEING



BSCC WALKING GROUP

When: Tuesdays & Thursdays

Time: 10.00am

Cost: FREE

Contact: Community Centre on 5977 2468



SMS STRENGTH MOBILITY STABILITY

Suitable for over 55s who wish to improve their mobility and stay active with gentle exercises.

Classes are run by a qualified exercise physiologist.

Stay for a cuppa and have a chat after the class

Cost: \$7 per class - payable by term

Various dates/times available



EXERCISE 2 MUSIC

Exercise with a combination of low impact, light paced aerobic style sequences to some well known fun music.

When: Tuesdays commencing 4th February

Time: 1.30pm - 2.30pm

Cost: \$120 (8 week program) or 2 payments of
\$75 & \$45

Contact: Community Centre on 5977 2467 or
Jane on 0438 842 558

SUPPORT/SOCIAL GROUPS



AL-ANON FAMILY GROUPS

A family support group meeting for people who live with or are close to somebody suffering from alcohol addiction.

When: Sundays

Time: 10.00am - 11.30am

Contact: 1300 252 666



NA MENS'S GROUP (NARCOTICS ANONYMOUS)

A support group for people for whom drugs have become a problem. Recovering addicts meet regularly to help each other build a new way of life.

When: Tuesdays

Time: 7.30pm - 9.30pm

Contact: Victorian NA Helpline on 9525 2833

projex J. GRIEF SUPPORT GROUP

An informal get together for people experiencing grief of any type. Special guest speakers.

Tea/ coffee provided.

When: First Wednesday of each month

Time: 5.30pm

Cost: Donations welcome

Contact: Chantelle Ross on 0419 661 215

SUPPORT/SOCIAL GROUPS



PENINSULA PROSTATE CANCER SUPPORT GROUP

This group continues to help men with prostate cancer and their partners in a caring confidential environment during treatment and recovery.

When: Second Wednesday of each month (except Jan)

Time: 7.00pm - 8.30pm

Contact: 0422 608 345

peninsulapcsg@hotmail.com



VOICE MALE SOCIAL GROUP

This group is for men to come together, socialise and make new friends over a cuppa. Special guest speaker presentations on various topics for all community members. Morning tea provided.

When: First & Third Thursday of each month

Time: 10.00am - 12.00pm

Contact: Ian Easterby on 0414 361 367 or the centre on 5977 2468



MORNINGTON PENINSULA CAMERA CLUB

This social club is for photography lovers.

Tutorials are held once a month on different photo and camera techniques.

When: First & Third Thursday of each month

Time: 7.00pm - 10.30pm

Contact: Maree on 0419 532 492

SUPPORT/SOCIAL GROUPS



AUSTRALIAN PLANTS SOCIETY

APS is for plant lovers who enjoy meeting like minded people to chat Australian plant species.

When: Third Tuesday of each month

Time: 7.00pm Contact: Robyn on 0409 412 931

www.apsmorningtonpeninsula.org



REVAMPED JEWELLERY

A not for profit pop up shop that recycles and recreates donated jewellery pieces. All profits are donated to both local and international women's charities. We welcome donations from the general public.

When: Tuesdays

Time: 10.00am - 3.00pm

www.revampedjewellery.com.au

EVENTS

CARE FINDER PROGRAM

A program designed to assist and support older people seek in home and community assistance.
MORE DETAILS TO COME

FINANCIAL PLANNING INFORMATION SESSION

A FREE information session presented by Kieran from Financial Foundations. Topics include strategies for pre and post retirement, tax savings, accessing superannuation, estate planning.

Morning tea supplied

When: Thursday 13th February

Time: 10am

Contact: Community Centre on 5977 2468 to book



MORNING MELODIES

Join us for a music filled morning & morning tea.

When: Thursday

February 27th - Rob

March 27th - Rob

April 24th - Rob

Time: 10.00am - 11.30am

Cost: \$5.00

Contact: Community Centre on 5977 2468

CLUBS, CRAFTS & INTEREST GROUPS

CARDS & BOARD GAMES

When: Thursdays Time: 1.00pm - 3.00pm

Cost: \$5.00

Contact: Community Centre on 5977 2468

MAHJONG

BEGINNERS

When: Every second Friday Time: 9am - 11am

Cost: \$5.00 (commences 31st January)

EXPERIENCED PLAYERS - GROUP 1

When: Fridays Time: 11.00am - 2.00pm

Cost: \$5.00

EXPERIENCED PLAYERS - GROUP 2

When: Tuesdays Time: 11.30am - 3.30pm

When: Fridays Time: 12.30pm - 4.00pm

Cost: \$5.00

Contact: Community Centre on 5977 2468

COMMUNITY CRAFT

This group bring in their craft projects, share their knowledge and enjoy a chat & cuppa.

When: Fridays Time: 11.00am - 3.00pm

Cost: \$5.00

Contact: Community Centre on 5977 2468

CRAFT, BEADING, EMBROIDERY

CLASS FULL

This social group bring in their projects and enjoy some chit chat along the way.

When: Wednesdays

Time: 9.30am - 12.00pm

Cost: \$5.00

Contact: Community Centre on 5977 2468

CLUBS, CRAFTS & INTEREST GROUPS

BOOMERANG BAGS

A community group who volunteer their time making various items for the community centre.

When: Wednesdays Time: 12.30pm - 3.30pm

Contact: Community Centre on 5977 2468

QUILTING, SEWING, KNITTING

CLASS FULL

This group bring in their quilting & other projects in a social & sharing environment.

When: Mondays Time: 9.30am - 12.00pm

Cost: \$5.00

Contact: Community Centre on 5977 2468

FRENCH CLASSES

When: Every second Wednesday commencing 5th February

Beginners

Time: 1.00pm - 2.30pm

Conversation

Time: 2.30pm - 3.30pm

Cost: \$15.00 per class (payable by term)

Contact: Community Centre on 5977 2468

WITH ONE VOICE COMMUNITY CHOIR

A community choir for people who love to sing.

When: Mondays

Time: 5.30pm - 7.15pm

Contact Judy Woods on 0474 129 528 or

Creativity Australia on 8679 6088

www.creativityaustralia.org.au